






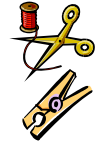













# MAY IS ADULT ABUSE PREVENTION MONTH . . .

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div></div>	<div>1</div> <div>It's <b>MAY DAY!</b> Send a May Day basket to someone in a nursing home or ALF.</div>	<div>2</div> <div>Visit someone who has few or no visitors.<div></div></div>	<div>3</div> <div>Send an older adult a smile along with a note saying <b>"YOU'RE SPECIAL!"</b><div></div></div>	<div>4</div> <div><i>"Blessed are they who looked away when coffee was spilled at the table today."</i><div></div></div>	<div>5</div> <div>Write letters or send cards for someone who needs help with this task.</div>	<div>6</div> <div>Deliver dinner to someone who lives alone.<div></div></div>
<div>7</div> <div><i>"The best part of the art of living is to know how to grow old gracefully." (Eric Hoffer)</i></div>	<div>8</div> <div>Do an anonymous act of kindness for an older adult or person with a disability.<div></div></div>	<div>9</div> <div>Ask a church to recognize older members and give them a rose.<div></div></div>	<div>10</div> <div>Help someone with the laundry mending.<div></div></div>	<div>11</div> <div><i>"Growing old is like being increasingly penalized for a crime you haven't committed."</i></div>	<div>12</div> <div>Drive an older adult to visit one of their friends or relatives.<div></div></div>	<div>13</div> <div>Donate a couple hours of your time to a family caregiver to do something for him or herself.</div>
14	15	16	17	18	19	20
INTER-GENERATIONAL WEEK - - Share activities with children, grandchildren, and elders.						
Give an older adult a ride to church.	Laugh with someone.	<i>"Eyesight may dim; insight need not."</i>	ADULT ABUSE IS A CRIME!	Give a compliment.	Take flowers to someone.	Assist with yard work or gardening.
<div>21</div> <div><i>"Our sense of taste may diminish but our sense of humor can become sharper."</i><div></div></div>	<div>22</div> <div>Take an older adult to lunch and listen to stories about his/her youth.<div></div></div>	<div>23</div> <div><i>"Though everyone's too old for something, nobody's too old for everything."</i></div>	<div>24</div> <div>Take an older adult to the beauty parlor or barbershop.<div></div></div>	<div>25</div> <div>Help an older adult with minor repairs.<div></div></div>	<div>26</div> <div><i>"Fear not for the future, weep not for the past." (Percy B. Shelley)</i></div>	<div>27</div> <div>Read to someone whose eyesight is too poor to read.<div></div></div>
<div>28</div> <div>Help an older adult with finances.<div></div></div>	<div>29</div> <div><i>"Blessed are they who make it known, I'm respected and not alone."</i><div></div></div>	<div>30</div> <div>Bless others . . . invite an older adult to dinner.<div></div></div>	<div>31</div> <div><i>"Blessed are they who never say: You've told that story twice today."</i><div></div></div>	<div>A Month of Caring and Sharing</div>		<div></div>